

HOW TO TAKE TINCTURES

Tinctures are the liquid that comes from pouring clear pure alcohol over fresh, dried and cut, or powdered herbs. After sitting on the herbs for a period of time, the alcohol has split open the cell membranes of the herb and drawn out 90% of the phytonutrients into the alcohol, preserving them for extended years of time. The herb fibers left are not good for anything.

This tincture requires no digestion, so therefore is absorbed directly into the blood stream from the stomach without digestion being necessary. You will receive 90% of the benefit of the herbal properties by using a tincture. If you were to use a water bath tea of the herbs, it would give you about 60% of most of the nutrients, but not all, as the heat will destroy some, and, if a capsule of dried herbal powder, only 30%. Often tablets of herbs are not whole herbs, but even if they were then 60% of the phytonutrients are used up in the digestion processes alone and less than 30% for the medicinal impact.

For emergency purposes herbal tinctures can be taken directly inside the cheek or under the tongue for quick adsorption like as in cayenne for heart attacks, lobelia in respiratory distress etc. For everyday consumption of herbal tinctures pour a cup of very hot water and add however many droppers full of tincture you want for a dose or doses for the day into that water. A dropper full is all that can be squeeze up into the glass tube with one squeeze of the rubber top. When it has cooled sufficiently to drink, the alcohol will be totally evaporated. Tinctures added to hot water as described will immediately be 96.4 % evaporated within the first two minutes. When cool they will totally evaporate. I have consulted multiple pharmacists, chemists to confirm this fact and they all are unanimous regarding this. If there were fiber in the tincture such as cooking with food, then not all of the alcohol would evaporate as some, about 35% adheres to the fiber in the food. For those concerned about the alcohol consumption it just isn't there if you follow these directions. Even for those taking a few droppers in the mouth without the alcohol evaporation process, it is an extremely small amount which actually evaporates to a large degree while sitting there the heat from the body expedites its evaporation.

For those who still aren't sure, just remember that when you are not digesting your food thoroughly and completely the fermentation process that results from indigestion produces more alcohol in your body than you would take in in the few drops that you would consume. All the same we do not want to take in (or produce) any more alcohol than absolutely necessary. So evaporate your tinctures every time possible.

I find it quite convenient to prepare all my doses for the day of one tincture in the same cup in the morning. So if I am taking three different tinctures for the day, I will have three cups of hot water and put all of the droppers full for the three or four doses that I want to take of that tincture that day in that cup and do that for all three tinctures. Then I can drink

them in three or four increments at three or four times of the day. That way I can work or travel undisturbed.

HOW LONG CAN WE TAKE HERBS FOR?

Nutritive herbs like hawthorn for the heart, ginkgo for the brain, the nervine herbs for the nerves, and others, can be used indefinitely, and should be, as they are like food to those organs. They strengthen and tone just like food does for our bodies

The healing regulatory herbs such as chaste tree berry, Intestinal cleanse #1, etc, you take for long periods of time such as 6 months then see if you have healed and then use as maintenance, such as a week at a time every month or something similar.

The major detox herbs, such as blood lymph, the liver formulas, the kidney formulas etc need to be short term workers, which can be anywhere from one week to four if necessary. Then there will still be a maintenance dosage.

Herbs such as Echinacea are normally used according to the bodies response which is about 5-10 days of cycling through of numbers of Immune system cells being produced and their chemistry, gradually increasing until a peak somewhere in the middle of those 5-10 days. Then there is a tapering off until the increase cycle repeats. I have personally witnessed more than one person who needed to take this herb for many consecutive months before they could go off without reoccurring fevers, inflammation and body demands for it. In general it should be taken for approximately a week or until symptoms reside, then if necessary after a 5 plus day break can be resumed again.

When WHOLE HERBS are used to make tinctures there are no known harmful effects when used with common sense. Would you worry about a harmful effect of eating a carrot, or strawberry? Herbs are food too, and as such are not harmful. When you begin to isolate and concentrate herbal nutrients from the herbs then they begin to act like a whip and dictate to the body its work. That then has a name...Pharmaceutical. Those take over the body's work and make havoc of it, for they are only in bits and pieces without divine design (wisdom). God put everything into our food, and the herbs, for the body to use it as directed by our DNA (image of God) for its wise use for health and happiness. Of course there are a few good supplements of food, but again there are FEW.

As with all things, when drinking the herbal tea made after dropping the tincture into the hot water, it should be thoroughly mixed with the saliva for best results. Even water should be drunk in that way.